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The
Rodriguez
RETREAT

The Rodriguez Retreat is a renowned wellness practice providing genuine care and nurturing solutions to clientele across Britain. Blending therapy and scientific expertise, The Rodriguez Retreat facilitates and empowers individuals to embrace a healthier, happier lifestyle.

With a personalised approach and unwavering commitment to real health results, The Rodriguez Retreat is a destination for those seeking health guidance and natural treatments.

Find your optimum health with The Rodriguez Retreat as your trusted health partner.



The Rodriguez RETREAT

Welcome

As a licensed, insured, and confidential Natural Physician, I founded The Rodriguez Retreat which is dedicated to delivering the highest care for your wellbeing.

What to Expect

Every service and product is designed to provide a harmonious and bespoke experience. With each booking, you will leave feeling relaxed, understood, and hopeful about your health.

The Rodriguez Retreat is a place that honours the wellbeing of all through expert advice, support, and a variety of services to choose from. Here is your sanctuary offering nurturing healthcare to you and your loved ones, when all else fails.

For those who feel alone or in discomfort, The Rodriguez Retreat is here.

Services

Cancer Care	Counselling & Life Coaching	Diabetes Care	Foot & Nail Care
Physio Massage	Menopause Advice	Pre & Post Surgery Care	Pregnancy Care
Pain Therapy	Seminars	Health Products	Eczema
And more.			

Main Services

MASSAGE & DRAINAGE

60 Mins = £55

30 Mins = £35



Various massages carefully tailored will relax & release tensions. Relax on a warmed couch, with soft towels, hot stones & scented oils using gentle techniques and strokes. **DEEP TISSUE, SWEDISH, ONCOLOGY, REFLEXOLOGY, LYMPHATIC DRAINAGE, SILICONE CUPPING & CELLULITE MASSAGE**

PREGNANCY & BABY MASSAGE

60 Mins = £55

30 Mins = £35



Relaxing sessions for mums-to-be. Ease aches, back pains and swelling. Restore your glow with massage, warmed oils and extra cushions! Gentle treatments after you give birth help to ease post-partum blues or book a one-off session on how to massage your baby into deep sleep. **PRE-NATAL POST-NATAL & BABY MASSAGE**

FOOT & NAIL CARE

Session = £45

Mobile = Add £5

Treatments = £20



A new service offering a range of solutions for foot and nail care. Professional **nail cutting, fungal treatments, corn and hard skin removal**. Latest medical applications for **verrucae and warts**. **Diabetic assessments and neuropathic care** carried out. **Mobile visits** available at home or in care homes.

PAIN MANAGEMENT

60 Mins = £65

30 Mins = £40



Various approaches to managing pains such as **sciatica, peripheral neuropathy or TMJ**. **Body massages with hot stones and powerful oils** such as Hypericum, CBD and Arnica. Advice given for natural relief from pain & inflammation. Diets assessed and lifestyle changes outlined to help increase flexibility and ease pain.

MENTAL WELLBEING, WITH COACH & COUNSEL

60 Mins = £55



Tailored approach through **mindset, emotional state and physical limitations** to discover any limiting beliefs that may be holding you back from recognising your own strengths. A session for those ready to delve into understanding how to **regain belief in oneself** and how to take back your own power after feeling powerless.

FACIAL & SCALP MASSAGE

60 Mins = £55



A soothing **Ayurvedic facial** with natural oils, **warm stones and marble**. Helping to prepare the skin for revitalising ancient applications of **Gua-sha, Cupping & Lymphatic drainage**. All creating a rejuvenating experience with toning effects and a glowing finish. Completed with a scalp & warm neck massage.

Combined Services

Explore these options to mix and match services in your session.

MASSAGE PLUS FOOT & NAIL

60 Mins = £55

30 Mins = £35



Add another treatment alongside an upper body massage or maybe just your back.

This is a combined session and can be mixed and matched with two treatments such as Nail cutting for your feet with a Hot stone massage to the neck and shoulders.

Facial massage, or Head massage can be added to Reflexology of the feet. Other combinations are available on request.

MEDITATION & RELAXATION CLASSES

Group = £10

1-2-1 = £35



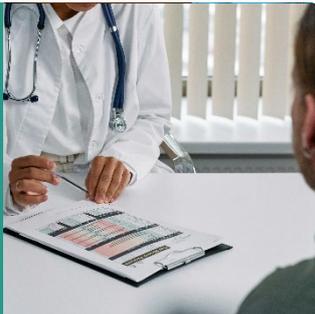
From de-stressing to transcendental bliss. Discover how meditation can help relax the body, quieten the mind, improve sleep and achieve positive mental wellbeing. Practice various breathing techniques and more to help you feel more grounded. Advanced sessions available for our experienced clientele, with grounding, guided meditation or energy work.

HEALTH CONSULTATION

Virtual Online

Up to 30 mins = £25

Up to 60 mins = £40



A new service offering a range of solutions online. Book a consultation with a Naturopath for a direct 1-2-1 talk to discuss your health concerns. Naturopathic medicine focuses on the healing power of nature and provides a holistic approach to the whole person, not just the symptoms of illness.

COUPLES MASSAGE COURSE

£65 per couple



Learn how to give each other massages.

Couples sessions include:

- Head, Neck & Shoulders
- Neck & Back
- Foot Massages

Products

MUSCLE & JOINTS

Muscle & Joint Recovery Spray



Our 100% natural Magnesium oil with Arnica, Frankincense and Lavender helps to reduce aches, cramps and spasms. Good for leg cramps, back pain and painful period pains. Also great for after workout recovery. Safe to use anywhere except on face and on any broken skin.

PREGNANCY & BABY

Stretch Marks Cream
Baby Massage Oil



These gentle serums and massage oils are made with natural butters and oils. Very gentle & effective blends to help nourish the skin mothers to be and young babies. The combination of pure essential oils will enhance softness and healing.

Great to help prevent and treat stretch marks.

FOOT & NAIL CARE

Foot Scrub
Nail Oil
Softening Cream



Natural effective solutions for rough or dry skin, fungal skin and nails. Creations made using Himalayan salt, coconut oils and various essential oils. Herbs added to provide antifungal and antibacterial support.

PAIN RELIEF

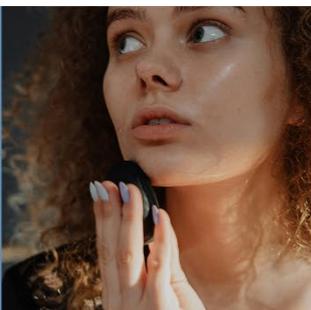
CBD Pain Cream
Sciatica Serum
Varicose Vein Gel
Burn Relief Balm



Choose from 5 specially created pain relief balms, gels or sprays all with natural ingredients. Cooling gels for **varicose veins**, healing and repair support for radiotherapy **burns** as well as serums for **sciatica** and other painful joints problems such as **spasms** and **arthritis**.

FACE & SKIN CARE

Night Cream
Day Cream
Body Cream



Replenishing and nourishing oils such as **Sea Buckthorn** and **Vitamin E** are blended to deliver one of the best natural skin care packages. Additions of **MSM, silver** and **essential oils** ensure these high-performance creams help ease dryness, dark patches and heal any irritations. Rich hydration in a jar and a little goes a long way.

IMMUNE SUPPORT

Immune Booster
Immune Plus



For infections to slow healing wounds, these natural herbal drops help support the body on every level by targeting all parasites whether it's a **virus, fungal** or **bacterial infections**. The Plus drops support the liver and deeper parasite cleansing, helpful if you need a detox as well as an immune boosting effect.

Events



WELLBEING WORKSHOPS & SEMINARS

Aimed at Corporate, Education, and large organisations. This package offers the 360° approach, incorporating motivational solutions to boost wellness, morale, plus mental and physical rejuvenation. Learn about managing workplace wellbeing with these hands-on seminars & workshops to bring about change and cultivate a positive and revitalised team. Book a day for any of our services at your business for your staff to benefit from discounted prices.

[More information on website.](#)



WELLNESS GROUP SESSIONS

Fun-filled time for celebrations, bringing relaxation with varied options of body treatments, organic cocktails, pampering, and health tips – all in the comfort of your own home. All accompanied with relaxing sounds, the option of healthy refreshments, and scented candles.

[More information on website.](#)

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for more information.

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The Rodriguez Retreat is a registered member of the SMAE institute insurance organisation. We abide by the health practice code and are committed to upholding the highest standards of healthcare.